

Let's get *moving!*

The cuppa routine

4 simple exercises in the time it takes to boil the kettle!

1 10 x heel raises

- Feet hip width apart, hold onto the work surface for support
- Raise your heels then lower back down slowly



2 10 x arm raises

- Start with arms by side
- Lift up no higher than shoulder height, then lower (use tinned food as weights)



3 10 x sit to stand

- Place chair against wall or cupboards
- Sit on front third of chair - stand up, then slowly sit back down



4 10 x leg raises

- Hold on to work surface or chair
- Keep feet facing forwards, lift leg to the side and lower slowly



Watch the full routine on YouTube at <https://bit.ly/3llbD8n>

For more information on the Let's Get Moving campaign go to www.healthydudley.co.uk/healthy-lifestyles/move-more